



ACTIVITY PACK

2





Megg wants to tell you...

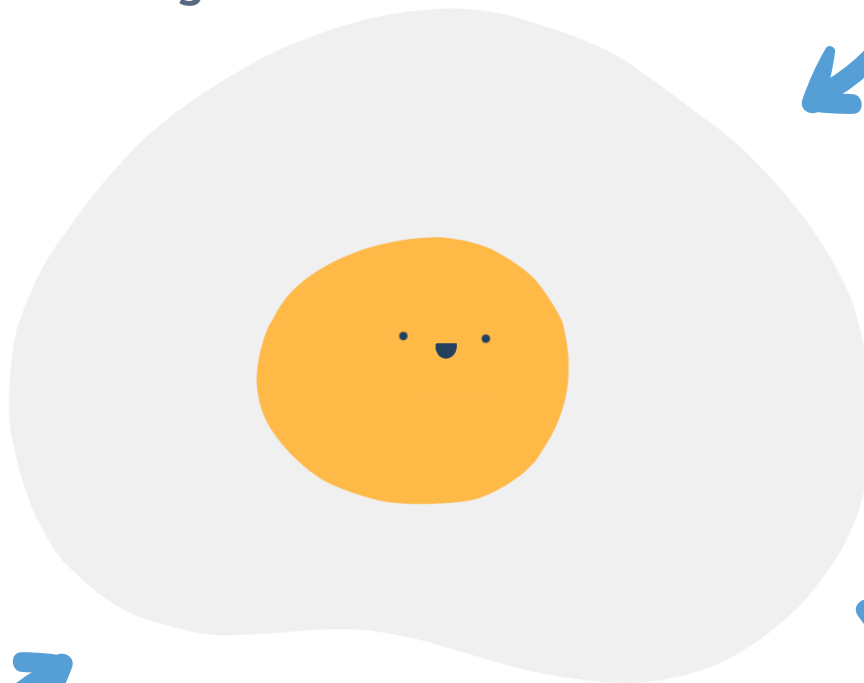
...what makes an egg mighty!

Vitamins

Keep you healthy and give you energy

Protein

Helps build strong muscles




Good Fats

Give you fuel to play and learn

Minerals

Help bones and teeth grow strong

Packed with natural nutrition,
eggs are modest but mighty!



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- Use the colour guide to colour in the picture!
- Colour Guide:**
- 1 Blue
 - 2 White
 - 3 Dark brown
 - 4 Orange
 - 5 Black
 - 6 Dark red
 - 7 Light brown
 - 8 Green
 - 9 Yellow
 - 10 Light pink
 - 11 Grey
 - 12 Dark blue
- The drawing includes the following elements and their corresponding color numbers:
- Barn:** Roof (1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12), Sides (1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12), Windows (1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12), Doors (1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12), and Rooster (1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12).
 - Sun:** 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12.
 - Clouds:** 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12.
 - Fence:** 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12.
 - Grass:** 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12.

Egg maze

Can you help the egg get to the pan to make a nutritious meal?

